

# Portati il risparmio a casa

## Il decalogo del consumo intelligente per un uso efficiente dell'energia a scuola e a casa

**1**

We suggest the purchase of products in energy class A or higher and with "energystar" and "ecolabel" certifications.

Recent LED monitors consume up to 70% less energy than LCD (liquid crystal) monitors.

**2**

**Turn on only the appliance you need and turn off the appliances by detaching them from the electrical outlet.**  
Even if they keep you company, when you study or read you don't need to have your computer, stereo and TV on.  
If you keep them off, you'll use less energy and be more focused in the study.

**3**

**Turn on the "power saving" features and turn off the "screen saver".** In modern LCD and LED screens, screensavers have only decorative functions and do not save energy. In fact, they consume more electricity than the computer would normally use.

**4**

**Avoid printing a document in draft several times.** If you need to print a document that is still in "draft", choose the "economy", "draft", or "draft" options.

**5**

**Remember to turn off the lights when you leave a room and only switch a light on where you need it.** On the desk, use table lamps with an orientable arm, consume little and avoid areas of shade. When you break a light bulb, ask to replace it with an LED one, much more efficient than the others.

**6**

**Go up and down the stairs on foot instead of taking the elevator.** we save about 0.05 kWh. Standing up, we consume one calorie/minute, if we walk about 3 and 5 if we use the stairs.

**7**

**Reduce the time taken for a shower and while soaping ...turn off the tap.** With a short shower you'll spare the energy it takes to heat water, and of course water. Remember, every minute you spend in the shower consumes about 10 liters of water.

**8**

**When travelling, use public means or bicycle and when you can have a healthy walk.** Ask your parents to set up a car pooling to transport more to reach the same goal. On average each litre of petrol used, releases over 2.5 kg CO<sub>2</sub> into the atmosphere.

**9**

**If at home or at school and the temperature is not comfortable, don't open the windows but ask for room temperature to be changed.** If you turn off the climate that you have in your room at least half an hour before you go out, you'll reduce the unnecessary consumption and you'll gradually adapt to the outer temperature.

**Don't leave the fridge door open while deciding what to eat or drink.** It takes eight seconds to disperse the entire cold air from the inside.

**10**

